

## PREVENT DENGUE

The most effective way to avoid dengue is to prevent mosquito bites.

**Dengue is spread through the bite of *Aedes aegypti* and *Aedes albopictus* mosquitoes.**

*Aedes* mosquitoes are found in tropical and sub-tropical countries and in areas of all states along the southern U.S. border. These mosquitoes live inside and outside the home and bite throughout the day, especially during early morning and late afternoon

## TAKE THE FOLLOWING STEPS TO HELP PREVENT DENGUE

### Avoid Mosquito Bites

- Use insect repellent containing DEET, picaridin, IR3535, or some oil of lemon eucalyptus and para-menthane-diol. These products provide longer-lasting protection. Repellents should always be used according to the label instructions
- Wear clothing that protects you from mosquito bites like long sleeves, long pants, closed shoes, and hats.

### If you have dengue:

- Mosquitoes may become infected when biting you and could pass the dengue virus to other family members.
- Rest in a screened or air conditioned room or under a bed net while you have a fever.
- Kill mosquitoes inside the home with insecticides; always follow product instructions.



## MOSQUITO-PROOF YOUR HOME

Avoid mosquito bites by fixing or installing screens on windows and doors.

- If you have an air-conditioner, use it instead of opening windows and doors that could allow mosquitoes to fly inside your home.

### Control the Mosquito Population Inside and Outside Your Home



- Drain and dump standing water found in containers like buckets, pet dishes, flower pots and vases, tires and cans.
- Weekly, wash out containers with a brush or sponge to remove mosquito eggs.

### Cover Water Storage Containers

- Cover the top of the container tightly so mosquitoes cannot get inside and lay eggs. Mesh with holes smaller than an adult mosquito can be used to cover large cisterns or containers that don't have a lid.
- Small fish can be used to help control mosquitoes. If you have a large vessel with standing water that cannot be easily drained, add guppies, betas, or other small fish that eat mosquito larvae.

### FOR MORE INFORMATION:

[www.cdc.gov/dengue](http://www.cdc.gov/dengue)  
Centers for Disease Control and Prevention  
Division of Vector-Borne Diseases, Dengue Branch  
1324 Cañada Street  
San Juan, Puerto Rico 00920

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# PROTECT YOURSELF FROM MOSQUITO BITES AND DENGUE

## LEARN:

- Symptoms of dengue
- What to do if you get sick
- How dengue is diagnosed
- How dengue is treated
- How to prevent dengue infection



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

# SICK WITH A FEVER?

## DENGUE CAN BE MILD OR SEVERE.

### Symptoms of Mild Dengue

**M**ost infected people have mild or no symptoms. However, mild dengue can get worse and even become severe. If you have traveled to or live in an area with dengue, develop a high fever for two to seven days and have at least two of the following other symptoms, you may have a viral illness called dengue. See your doctor.

- Fever (38° C or 100.4° F, or higher)
- Headache, pain behind the eyes
- Muscle and joint pains
- Nausea, vomiting
- Rash
- Any abnormal bleeding

If you have an infant or young child who traveled to or lives in an area with dengue and develops a fever, see a doctor immediately. Call your doctor immediately for fever in an infant under three months of age.

### SEVERE DENGUE IS AN EMERGENCY: KNOW THE WARNING SIGNS

When fever is going away, some people with dengue develop warning signs of developing more severe disease.

**Go immediately to an emergency room if you or a family member develops:**

- Severe abdominal pain or persistent vomiting
- Red spots or patches on the skin (bleeding under the skin)
- Bleeding from the nose or gums
- Vomiting blood or blood in stools
- Drowsiness or irritability
- Pale, cold, or clammy skin
- Difficulty breathing



### WHEN SICK, WATCH FOR SIGNS OF DEHYDRATION. DRINK PLENTY OF FLUIDS WHILE YOU HAVE A FEVER.

Fever can cause dehydration. Watch for the signs... Drink up!! Drink plenty of fluids including milk, water, juices, soup broth or drinks with added electrolytes (like Pedialyte®, Gatorade® or PowerAde®). Dehydration occurs when a person loses too much body fluid from fever, vomiting, or if he or she does not drink enough fluids.



Bring your child or sick family member to the clinic or emergency room if any of the following signs appear:

- Decrease in urination (check the number of wet diapers or trips to the bathroom)
- Dry mouth, tongue, or lips
- Sunken eyes
- Listlessness, overly agitated, or confused
- Rapid heartbeat (more than 100 beats per minute)
- Cold or clammy fingers and toes
- Few or no tears when a child cries
- Sunken soft spot (fontanel) in an infant's head

### DIAGNOSIS

Your doctor will ask you about your symptoms and will order a blood test to check for dengue.

### TREATMENT

There is no medicine to treat or a vaccine to prevent dengue. Treat the symptoms.

**If you have dengue with mild symptoms:**

- Mild cases of dengue may be treated at home; rest, drink plenty of fluids to prevent dehydration and consult a doctor as needed.
- To control fever take acetaminophen (Tylenol®). Do not take pain relievers that contain aspirin or ibuprofen (Motrin® or Advil®).

**Severe dengue requires treatment in a hospital**

You may need intravenous (IV) fluids to treat dehydration. It may take two weeks or longer to recover from severe dengue.